



Cross Country Competition Form

Student Name	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Total #

School: _____

Level: _____

Coach: _____

Year: _____

Athletic Director Signature: _____

Participation as an exhibition competitor counts towards the maximum number of contests permitted and meets the requirements of the Representation Standard. If an individual or team exceeds the maximum number of contests permitted, the penalty is team ineligibility from the date of the violation for the rest of the season.